



OFFICE OF WOMEN'S HEALTH



# TAKING MEDICINES OR VITAMINS?

AVOID COMMON MISTAKES BY:

- 1 Following directions
- 2 Asking questions
- 3 Not using expired medicines
- 4 Not sharing medicines
- 5 Storing medicines safely



Get more tips:  
[www.fda.gov/collegewomen](http://www.fda.gov/collegewomen)

